

Pregnancy Yoga

[Pregnancy yoga](#) is a combination of yoga postures, meditation, and breathing [exercises during pregnancy](#) that helps the expecting mother to prepare for childbirth.

Finding that you are pregnant can be an overwhelming experience but remember your priority should be your health. You are sustaining a new life, and [prenatal yoga](#) is a wonderful way to keep yourself healthy, calm, and strong. [Yoga during pregnancy](#) benefits the expecting mother's physical, mental, and emotional health.

The first three months of pregnancy are crucial, accompanied by significant changes in the mother's body to accommodate the developing baby. You can ease this phase by performing specific [yoga for pregnant women](#). Similarly, the last three months are crucial. The extra weight can cause a lot of discomfort in performing everyday activities. During this phase, the baby moves towards the head-down position, and it won't be long before you deliver the baby. Therefore, you need to strengthen your body and mind through [third-trimester yoga](#). It includes meditation, breathing exercises, and gentle stretching to prepare the body for normal delivery.

[Pregnancy yoga for normal delivery](#) also reduces stress, improves sleep quality, helps with lower back pain, and enhances the flexibility of muscles required for childbirth. Even more than physical preparation, the expecting mothers need to prepare mentally.

[Pregnancy exercises](#) soothe the mother's mind and body, reduce complications associated with the pregnancy, and promote the baby's health. It is important to understand how specific [antenatal exercises](#) work wonders on your bodily functions and how you should perform them. Also, not all poses are suitable for pregnant women. You must know which posture is good and which is strenuous for you. For that, you need to join a [pregnancy yoga class](#) with well-experienced [pregnancy yoga trainers](#) to guide you and help you sail smoothly into motherhood.

You can find such experts in [prenatal yoga classes](#) at Momkidcare. Besides needing an expert yoga trainer, expecting mothers need a comfortable environment, class size, and instructor's way of teaching; Momkidcare can help you with this too. You can choose their online classes or go for trial classes offline. Once you find it comfortable, register for it. You can also meet and bond with other expecting mothers and prepare together for the responsibilities of being a new parent. If you are residing in Delhi NCR, you can join their various [pregnancy yoga homes in Delhi & Gurgaon](#). Why wait now? Join and enjoy the phases of motherhood!

Mother-Baby Massage

[Mother-baby massages](#) are beneficial and healthy for both new moms and babies. Expecting mothers take care of themselves well, but as soon as they deliver the child, they only get engrossed with the child. Soon, they start ignoring their health. In reality, new mothers are fragile. They need time and optimal care to heal themselves. The [postpartum massages](#) help them overcome post-pregnancy stress and baby blues. Similarly, massages are

beneficial for babies as well. It makes them stronger, improves their digestion, removes the gases from the stomach, boosts their immunity, and induces sleep at night.

There are many different kinds of [mother-baby massages](#). Also, the massage technique is different for different body parts. If you find it too confusing, instead of trying it yourself, you can choose the services provided by Momkidcare. Their services include the following:

- [Prenatal Massage](#) or [Pregnancy Massage](#) for expecting mothers
- [Postnatal Massage](#) or [Postpartum Massage](#) for new mothers
- [Mother-Baby Massage](#) for new mothers and newborns

[Prenatal massage](#) helps expecting mothers deal better with pregnancy complications by relieving lower back and other body pains. Expecting mothers can begin the massage at any point—first, second, or the third trimester in normal pregnancy. It helps relieve muscle pain, joint pain, headaches, leg cramps, swelling, and stress. Also, expectant mothers are asked to massage their abdomen. It is believed that it is the start of mother-baby bonding.

[Pregnancy massage](#) requires strokes and techniques that accommodate and maintain the pregnancy tailored to the individual's requirements. It would be best if you had a massage expert for it. Momkidcare provides [prenatal massage in Delhi](#) NCR.

[Postpartum massage](#) is a type of full-body massage that helps new mothers physically and emotionally ease into the new journey of motherhood. The massage improves blood circulation and speeds up the recovery process. Even if you had unsuccessful pregnancy or abortion, you must consider getting a massage to recover the body. Momkidcare provides services in the following cities:

- [Postnatal Massage in Delhi](#)
- [Postnatal Massage in Gurgaon](#)
- [Postnatal Massage in Noida](#)

After a few days of delivering the baby, the mother and newborn can safely be given the massage. Baby massage should be gentle but with firm strokes. You must know which oil to use for massage and how it should be applied. You can choose an expert from Momkidcare in the following cities:

- [Mother Baby Massage in Delhi](#)
- [Mother Baby Massage in Gurgaon](#)
- [Mother Baby Massage in Noida](#)

Garbh Sanskar

Teaching babies in the womb is an age-old practice known as [Garbh Sanskar](#). Garbh Sanskar's knowledge dates back to ancient Ayurveda. It is a Sanskrit word where garbh means foetus (baby) in the womb, and sanskar means the education of the mind. Therefore, garbh sanskar is educating the mind of a developing baby in the

womb. It nurtures the mother-baby bond as well as develops the personality and character of the developing child inside the mother's womb.

Garbh Sanskar's activities shape the unborn child's physical, mental, emotional, and spiritual health. These activities are divided into pre-pregnancy, pregnancy, and breastfeeding phases. Women can start preparation at least a year before conception and help to give birth to a healthy baby. It also guides parents until the child reaches about two years of age.

[Garbh sanskar classes](#) include following a *sattvic* diet regimen, practising yoga or meditation, listening to Ragas, chanting mantras and shloka, storytelling etc. It also teaches how to take care of pregnant women.

[Garbh Sanskar experts](#) suggest that colour therapy, aromatherapy, and yoga help women during the pre-pregnancy phases. They soothe their mind and de-stress their bodies. It brings peace, tranquillity and enhances the concentration of the mother. The [garbh sanskar trainer](#) also teaches and prepares expecting parents about the birth process, signs of labour, when to go to the hospital, what to bring with you to the hospital, stages of labour, and ways to promote normal delivery.

After childbirth, [garbh sanskar classes](#) teach new mothers techniques for proper breastfeeding, understanding a child's hunger, problems they might face during the initial days of childbirth, how to imitate those problems, diet and nutrition they need. The experts also help mothers to recover from childbirth physically and emotionally. If you cannot attend offline classes, you can also learn [garbh sanskar online](#).

Through Garbh sanskar, parents can provide an atmosphere to their unborn children that imbibe health, positivity, intelligence, brilliance, and confidence. Momkidcare offers dedicated [Garbh Sanskar classes](#) for an expecting mother designed by certified and experienced [Garbh Sanskar experts](#). The experts will identify, assess, and prepare an effective and personalised care program for the expecting mother. They also provide [garbh sanskar online classes](#).

Fertility Yoga

[Fertility yoga](#) boosts the chances of conceiving naturally. A couple needs to be relaxed and calm for a successful conception, but trying for it can be stressful and daunting. It worsens because of the fast-paced, stressful modern life and lifestyle choices. In such a situation, [fertility yoga](#) can enhance their chances of achieving a successful conception by releasing mental and physical tension.

[Yoga to conceive naturally \(fast\)](#) improves blood circulation and activates the reproductive organs in both men and women. They stimulate the ovaries and the uterus to encourage pregnancy. Also, the poses stimulate muscles around the reproductive organs and improve the flexibility of the pelvis. Once you conceive, yoga helps in maintaining the pregnancy and comfortable childbirth.

Having more weight can affect fertility in both men and women. [Yoga to get pregnant](#) works in many ways. It strengthens the body and also helps obese people to shed extra calories. [Fertility yoga](#) poses reduce mental stress, anxiety, and depression associated with infertility-related problems. Alongwith mindful lifestyle practices and a nutritious diet, yoga improves immunity and reproductive functions.

Some women have difficulty in conception because of underlying medical conditions such as polycystic ovary syndrome (PCOS). In this condition, women produce more male hormones that result in irregular periods and problems in conceiving. [Yoga for PCOS](#) reduces the symptoms of PCOS and helps achieve the natural hormonal balance in the body. Another condition that affects women is polycystic ovarian disease (PCOD), in which the ovaries start releasing immature eggs and causing problems in conceiving. The condition can be improved by practising [yoga for PCOD](#).

[Yoga for pregnancy planning](#) helps not only women but also men to balance their hormone levels. Optimal hormonal level increases their sexual desire, reproductive function, and sperm production.

If you and your partner are undergoing treatment for infertility, such as IVF or assisted reproductive technology, [Yoga for IVF](#) improves the chances of getting pregnant. It enhances the physical and mental states of both men and women. Although fertility yoga is safe, you should always consult the doctor before trying something new when undergoing infertility treatment.

When trying to conceive, you should opt for gentle poses instead of strenuous ones. To help you find the poses suitable, you must register for [fertility yoga classes](#) with your partner. Momkidcare provides classes with expert yoga trainers and a comfortable environment. If you cannot commute to the yoga centre, you can choose [fertility yoga online classes](#).

Nanny Japa Babysitter

Being a working parent, it becomes difficult to take care of the child. You need a nanny, Jappa, or babysitter to help you perform childcare duties. They will not only feed the child but also tailor developmental activities for them to develop their character and personality. You can concentrate on other work when the nanny, Jappa, or babysitter takes care of the need of your child.

The babysitter should be kind, nurturing, and able to deal with children of all ages—infants, toddlers, and teenagers. You need not only an experienced babysitter but also someone whom you can trust. It becomes extremely difficult to trust people amidst rising child-related crimes. To help you out, Momkidcare provides the following services in the mentioned locations:

- [Nanny in Delhi](#)
- [Nanny in Gurgaon](#)
- [Nanny service in Noida](#)
- [Nanny in Faridabad](#)
- [Nanny in Ghaziabad](#)
- [Babysitter in Delhi](#)
- [Babysitter in Gurgoan](#)
- [Babysitter in Noida](#)
- [Babysitter in Faridabad](#)
- [Babysitter in Ghaziabad](#)
- [Japa Maids Delhi](#)

Lactation

New mothers face many difficulties during the initial days of childcare and breastfeeding. Even you might have asked yourself **what I can do if my milk supply is low. How long does it take to increase the low milk supply?**

Can I still breastfeed with my cracked nipple?

The feeding issues become more challenging if you are a first-time mother. In this scenario, you need a [**lactation consultant**](#) to ensure optimal nutrition for the baby.

Lactation consultants are healthcare professionals who educate new moms about breastfeeding and overcome associated challenges. They provide expert guidance regarding issues like [**low milk supply**](#), sore nipples, and other issues. **The [**lactation specialist**](#)** will also advise new mothers on methods, practices, and positions for [**cracked nipple breastfeeding**](#) and [**inverted nipple breastfeeding**](#). A lactation consultant can also guide you if you have a premature baby or a baby with a neurological or physical disability.

The sooner you address the issue, the better it will be for you and the baby. If you are facing any issues related to baby feeding, you can consult certified and well-experienced lactation consultants at Momkidcare. We have a qualified and dedicated team of experts for you. We understand that breastfeeding is a personal experience, so you may not be comfortable initially. In such a scenario, you can choose for [**lactation consultant online**](#) service.

Nanny Jobs

New parents constantly worry about the well-being of their children. They want to give them the best life, the best care, and the best of everything. But they need more time to take time for everything if they are career-oriented. They sometimes go through parenting guilt for not being able to give the required attention to the child. Momkidcare can help such parents by providing them with the best nanny. They will help with bathing, feeding, and massaging the baby. Also, help new mothers with household chores.

We are always searching for professional and well-trained people suitable for [nanny jobs](#). You must have experience in Mothercare, newborn care, preterm baby care, toddler care, mother-baby massages and special child care. If you have done a certified [nanny course](#) and have experience in the same, you can find the following jobs in the mentioned location through Momkidcare:

- [Nanny jobs in Delhi/Gurgaon](#)
- [Babysitter Job in Delhi/ Gurgaon](#)
- [Maid Jobs in Delhi /Gurgaon](#)
- [Baby Care jobs in Delhi/Gurgaon](#)

You are required to help new parents take care of their child's growth and development in the most caring and supportive manner. You should also be able to handle children of all ages in various settings, from daycares to offices. You will get screened and verified customers with the guarantee of your safety and payments. They will also pay you the best prices for your [baby care job](#).

If you work with full dedication and get good customer ratings, Momkidcare will also promote and feature you for more [babysitter jobs](#). What else are you looking for? Get the best [Japa jobs](#) at Momkidcare.

CareFor9

Caring a baby for nine months is full of excitement, fear, and anticipation. You feel a rush of emotions s soon as you know you are having a baby. Your mind gets flooded with many thoughts regarding the pregnancy and how you can make the journey smooth and stress-free. Momkidcare offers a customised “carefor9” program for your [healthy pregnancy](#).

Carefor9 is an online health program that provides care for [9 months pregnancy](#) and beyond by a team of certified and well-trained health experts. You will be allotted a personal health advisor who will monitor your health status and provide you with a customised healthcare plan according to your needs. The program aims to provide nutrition, personalised care, emotional wellness, expert guidance, and timely resolution of all your questions throughout the pregnancy. Even after childbirth, you can benefit from lactation and emotional counselling through this program.

The holistic [maternity package](#) program helps expecting mothers in many ways. It keeps them active throughout pregnancy, prepares them for normal delivery, boosts their postnatal recovery, and strengthens the bonding between you and your partner. You can also reduce the risk of pregnancy-related issues such as gestational diabetes and high blood pressure by following the healthcare regimen given by the expert. The program also provides weekly or monthly tips on nutrition, pregnancy symptoms, physical activity, beauty care, etc.

You can participate in the regular interactive sessions and get answers to all your queries related to labor, pregnancy ache, pain management, breastfeeding, morning sickness, and stress. It is best to join the program in

the first or second trimester. You can also join the program if you are undergoing IVF or infertility treatment. All you need is to submit the form, and our health expert will contact you to explain the details of carefor9. If you cannot commute to the centre, you can access the online program.

Maternity insurance plans
Pregnancy health insurance
Health insurance for pregnant women
Coporate women health program
Corporate pregnancy policy
Corporate wellness program
Female employee wellness